



## Coast Guard HR Flag Voice 164

### THE 2001 GREAT AMERICAN SMOKEOUT AND TOBACCO CESSATION

**This past Thursday, 15 November 2001, marked the American Cancer Society's 25th annual Great American Smokeout.** The purpose of the Smokeout is to educate and encourage smokers to quit for a twenty-four hour period. This event, which takes place every third Thursday in November, is the most popular day of the year on which people try to give up smoking...including New Year's Day. The Coast Guard's goal for this year's Smokeout is to provide support for members deciding they would like to stop using *all* tobacco products, as explained in the recent ALCOAST 500/01. Research reveals that 70% of tobacco users want to quit. While these addictive habits are difficult to break, the Coast Guard has a great network of personnel available to help tobacco users stop the health- and life-destructive behavior.

Twenty-five years ago, policies existed regarding tobacco use that no longer remain in effect for the health of all users, non-users, and the environment. Some interesting changes revealed to Americans by [Joann Schellenbach, National Director of Media Relations for the American Cancer Society](#), include:

- \* In 1977, Berkeley, California became the first community to limit smoking in restaurants and other public places.
- \* In 1983, San Francisco passed the first strong workplace smoking restrictions, including bans on smoking in private workplaces.
- \* In 1990, the federal smoking ban on all interstate buses and domestic flights of six hours or less took effect.
- \* In 1994, the state of Mississippi filed the first of 24 state lawsuits seeking to recuperate millions of dollars from tobacco companies for smokers' Medicaid Bills.
- \* In 1999, the Department of Justice filed suit against cigarette manufacturers, charging the industry with defrauding the public by lying about the risks of smoking.
- \* In 1999, the Master Settlement Agreement (MSA) was passed, requiring tobacco companies to pay \$206 billion to 45 states by the year 2025 to cover Medicaid costs of treating smokers. The MSA agreement also closed the Tobacco Institute and ended cartoon advertising and tobacco billboards.

**I would also like to recognize numerous Coast Guard members who have made the commitment to stop**

**smoking and/or using tobacco products for 15 November or have already been smoke/tobacco-free from as little as a few weeks to several years!** Their names and units are listed as follows:

District 1	District 9
PO Andrea Stevenson - D1 Public Affairs	YN3 Troy Kelly - D9 (dl)
CWO2 Greg Jones - MSO Boston	SA Ryan Worl - Station Muskegon
Chief Laura Spencer - ISC Boston	FA Robert Saxman - Station Muskegon
FNMK William Hatton - ESU Boston	BM2 Jason Bernard - Station Muskegon
PO Reinaldo Soto - NESU Boston	MK3 Peter Peloquin - Station Muskegon
PO Andrea Bidowski - NESU Boston	EM3 Craig Yingling - Station Muskegon
PO Kathleen Pliska - NESU Boston	BM3 Travis Jones - Station Muskegon
PO Richard Bassin - NESU Boston	YN3 Breeah Burchett - Group Detroit
	BM3 Jennifer Zawistowski - STA Marblehead
District 5	District 11
SN Brandon Burruss - CGC HARRIET LANE	YN2 Yolanda Hart - MSO San Diego
HSCS Michael Hooks - TRACEN Yorktown	FN Jeff Alhanti - STA Morrow Bay
Diana Hooks - Dependent	BM2 Chris Wright - STA MORROW BAY
PO Ross Fowle - Group Ft. Macon	BM2 Sandy Sena - PAC TACLET San Diego
PO Douglas Lilly - Group Ft. Macon	ETC Donna Scott - ESD San Pedro
PO James Robertson - Group Ft. Macon	Jennifer Quinnett - ISC Alameda
PO Jason Drews - CGC SMILAX	Kim Livones - MLCP (f)
PO Jeff Militano - Group Ft. Macon	TC1 Gerry Ryan - TRACEN Petaluma
CPO Glenn Caddell - Group Ft. Macon	TC1 Ginger Quintero - TRACEN Petaluma
Jackie Dickson - MLCA (fcp-2)	TC1 Chris Davis - TRACEN Petaluma
LT James Healy - NESU Portsmouth	PO John Rogan - CGC BOUTWELL
SK2 Shannah Bigler - NESU Portsmouth	PO Andrew Steelsmith - CGC BOUTWELL

	SA Jeremy Coffey - CGC BOUTWELL
District 5 - Northern Region	SA Melissa Cook - CGC BOUTWELL
	PO Albert Dio - CGC BOUTWELL
Auxiliarist John Adams - Harrisburg, PA	SN Ryan Isam - CGC BOUTWELL
Auxiliarist Michael Ryan - Trenton, NJ	SN Lee Lavoie - CGC BOUTWELL
	SN Josh Janney - CGC BOUTWELL
District 7	SN Theodore Strzalkowski - CGC BOUTWELL
	SN Christopher Thompson - CGC BOUTWELL
PO Kristi Garwood - Group St. Petersburg	AVT2 Rich Allen - AIRSTA San Francisco
ASTC Clay Hill - AIRSTA Savannah	AMT2 Keith Lambaunas - AIRSTA San Fran.
LTjg Mike Peck - AIRSTA Savannah	SN Matthew Vojvoda - CGC BOUTWELL
MK2 Linda Pearson - NESU Charleston	Walter Turnquist - MLCP (fpb)
DC2 Joseph Ander - NESU Charleston	SKC Patrick Magann - ISC Alameda
EM2 Jason Barnett - NESU Charleston	Ms. Cynthia Perazzo - MSO San Francisco
MK3 Casey Phillips - NESU Charleston	GM3 Dave Rosario - MSO San Francisco
MK3 Gerelle Washington - NESU Charleston	
BM3 Clark Williams - STA Islamorada	District 14
BMC Eddie Lawrence - ANT Miami	
	CWO4 Walter Jones - ISC Honolulu
District 8	
	District 17
PO2 Jennifer Corlett - MSO New Orleans	
BM1 John Kizer - CGC POMPANO	SN Justan Baumgartner - CGC SPAR
MKC David Osborne - CGC POMPANO	PO Michael Farrell - CGC ALEX HALEY
MK3 Rafael Santos - CGC POMPANO	Ret. CPO Douglas Croyle
SN Seth Osterfeld - CGC POMPANO	CPO John Watford - AIRSTA Kodiak
SN Andrew Sanders - CGC POMPANO	PO John Workman - ISC Kodiak clinic
FN Timothy Bykowski - CGC POMPANO	CPO Daniel Lawler - COMMSTA Kodiak
FA Jason Nunally - CGC POMPANO	Mrs. Cheryl Lawler (dependent)

MK2 Shane Melvin - CGC COBIA	PO Jeffrey Rowe - COMMSTA KODIAK
SNBM Jacen Green - CGC COBIA	PO David Cormier - ISC Kodiak MWR
FS2 Rad Hoffpauir - CGC COBIA	
ASTCM Birchard Kelley - ASM Prime Unit	
SA Jason Young - CGC COBIA	
FN Travis Curry - CGC COBIA	

**CONGRATULATIONS to all these Coast Guard men and women *and* those who are not on the list who have also decided to stop smoking.** I commend you all for taking the first step towards a healthier, tobacco-free lifestyle; it's the hardest one, yet with your commitment and help of others, you can continue your success every day, week, month, and year!

On a personal note, I lost both my father and father-in-law to smoking related diseases when they were relatively young men in their 60's. One developed emphysema and was tied to an oxygen bottle and the other cancer of the throat.

As a reminder, further information regarding tobacco cessation can be obtained from your local ISC Work-Life Health Promotion Manager at 1-800-872-4957, your local Coast Guard clinic, or LTjg Rachelle Cannon, Health Promotion Program Manager (G-WKW-1), at (202) 267-6624 or rcannon@uscg.mil.

Regards, FL AMES



[Flag Voice Contents](#)

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